



To Register for our Living Healthy Workshops  
**Please Sign Up at the Site** **OR** **Contact:** **The Erie County Department of Senior Services**  
at: **(716) 858-8526** **OR** **Register online at:** **[www.ceacw.org](http://www.ceacw.org)**

## **Living Healthy Diabetes** **Self-Management Program**

### **Cheektowaga Senior Center**

3349 Broadway  
Cheektowaga, NY 14227  
Fridays: February 12-March 18  
Time: 12:45 PM - 3:15 PM

### **Town of Aurora Senior Center**

101 King St.  
East Aurora, NY 14052  
Wednesdays: February 17 – March 23  
Time: 1:00 PM - 3:30 PM

### **Schiller Park Senior Center**

2057 Genesee St.  
Buffalo, NY 14211  
Tuesdays: March 1 – April 5  
Time: 9:30 AM - 12:00 PM

### **Town of Tonawanda Senior Center**

291 Ensminger Rd.  
Tonawanda, NY 14150  
Fridays: February 26 – April 1  
Time: 1:00 - 3:30 PM

### **Clarence Senior Center**

4600 Thompson Road  
Clarence, NY 14031  
Wednesdays: March 30 – May 4  
Time: 9:30 AM - 12:00 PM

## **Living Healthy Chronic Disease** **Self-Management Program**

### **Town of Tonawanda Senior Center**

291 Ensminger Rd.  
Tonawanda, NY 14150  
Wednesdays: January 6 – February 10  
Time: 1:00 PM - 3:30 PM

### **Hamburg Senior Community Center**

4540 Southwestern Blvd.  
Hamburg, NY 14075  
Tuesdays: March 1 – April 5  
Time: 9:30 AM - 12:00 PM

### **West Seneca Senior Center**

4620 Seneca St.  
West Seneca, NY 14224  
Wednesdays: March 30 – May 4  
Time: 9:45 AM – 12:15 PM

*Register Today!*

**At the Site or Call**

**(716) 858-8526**

**or online:**

**[www.ceacw.org](http://www.ceacw.org)**